

Vegetarian Lunch Menu - August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea. Garden Burger 1 ea. Chkn Strips 3 oz. Shred. Cheese 1/2 oz. Shredded Lettuce 1/4 c. Orange 1ea. 1% White Milk 6oz.	2. Cheese Lasagna 3/4 c. Whole Grain Beef Stroganoff 3/4c. Toss Sld w/carrot 1/2cup Apricots 1/2c. 1% White Milk 6oz.		4. Closed <div style="text-align: center;">  </div>
7. Broccoli and Cauliflower Grated 3/4 c. Shredded Cheese 1.5 oz. Chinese Chicken Stir Fry 3/4 cup WG Brown Rice 1/2c Orange 1ea.. 1% White Milk 6oz.	8. Bean Burrito 1 ea. Beef Salisbury Steak 1ea. with gravy 1 oz. Whole Wheat Dinner Roll 1 ea. Broccoli 1/4 c. Slice Apples 1/2 c. 1% White Milk 6oz.	9. Turkey breast 6 sl. w/ Cheese 1.5 oz on w/ WW Brd 1 sl. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.	10. Garden Burger 1 ea. Hamburger on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/4c Potato Salad 1/4C Diced Pears 1/2c. 1% White Milk 6oz.	11. Broccoli and Cauliflower Grated 3/4 c. Shredded Cheese 1.5 oz. WG Brd. Chicken Strips 2ea. WW Bread 1 sl. Jicama Sticks 1/2 c. Mixed Fruit 1/2c. 1% White Milk 6oz.
14. WG Bean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Orange (138ct) 1ea. 1% White Milk 6oz	15. Garden Burger 1 ea. + Cheese slices 1 sl. Beef Mtloaf w/grv 1ea. Deluxe Mashed Potatoes 1/4 c. Whole Wheat Dinner Roll 1 ea. Apricots 1/2c. 1% White Milk 6oz	16. Marinara Sauce Spaghetti Whl Grain Chicken Bowtie w/pesto sauce 3/4 cup Veg. Medley 1/4c Diced Pears 1/2c. 1% White Milk 6oz.	17. Bean Burrito 1 ea. Bk Chicken Drum 1ea Whole Wheat Dinner Roll 1 ea. Tossed Salad 1/2c Mixed Fruit 1/2c. 1% White Milk 6oz.	18. Bean and Cheese Burrito 1 ea. WG 6" Flour Tortilla 1ea Seasoned Ground Beef 3oz Refried Beans 1/4c Shredded Lettuce 1/2c Shred. Cheese 1/2 oz. Pineapple Tidbits 1/2c. 1% White Milk 6oz.
21. Garden Burger 1 ea. + Cheese slices 1 sl. Beef Patty 1ea On Whole Wheat Bun 1 ea. Shredded Lettuce 1/4c Cheese 1 sl. Potato Salad 1/4C Diced Pears 1/2c. 1% White Milk 6oz	22. Cheese Lasagna 3/4 c. Whole Grain Beef Stroganoff 3/4c. Baby Carrots 2.6oz pkt Orange 1ea 1% White Milk 6oz.	23. Macaroni and Cheese 3/4 c. Macaroni and Cheese Santa Fe Chicken Thigh 1ea. Whole Wheat Dinner Roll 1 ea. Jicama Sticks 1/2 c. Apricots 1/2c. 1% White Milk 6oz	24. Turkey breast 6 sl. w/ Cheese 1.5 oz on WW Brd 1 sl. Shredded Lettuce 1/4c Minestrone Soup 4oz. Mixed Fruit 1/2c. 1% White Milk 6oz.	25. WG Bean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Apple (138ct) 1ea 1% White Milk 6oz
28. Macaroni and Cheese 3/4 c. Macaroni and Cheese Chicken Meatballs 2ea. w/gravy 1 oz Whole Wheat Dinner Roll 1 ea. *+Calif. Mix Veg. 1/4c. Orange (138ct) 1ea. 1% White Milk 6oz.	29. Garden Burger 1 ea Hamburger on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Diced Pears 1/2c. 1% White Milk 6oz	30. Marinara Sauce Spaghetti & Cauliflower Spaghetti w/ meat sauce, bell pepper & mushroom 3/4 Hi C Salad 1/2c Mixed Fruit 1/2c. 1% White Milk 6oz.	31. Cheese Lasagna 3/4 c. Beef Pepper Steak 1ea w/gravy, onions & bell pepper Whole Wheat Dinner Roll 1 ea. Veg. Medley 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6oz.	

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